

# LATEX BAND WARM UP FOR WATER POLO

## FOR SHOULDER STRENGTHENING AND INJURY PREVENTION

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### Aerobic Warm up:

- 5-10 minutes dynamic movement to raise heart rate to at least 160 bpm  
body and joints should feel warm
- Do not attempt the following without warming up the body

### Latex Band exercises:

- 10 x reps
  - It is important to keep good posture throughout these exercises:
    - Straight back
    - Hold abdominals tight with hips rotated
    - Shoulders 2 cm up 1 cm back
    - Chin up and head back
  - Slow, controlled movement in both directions
  - Breathe out on first movement
  - Breathe in on return movement
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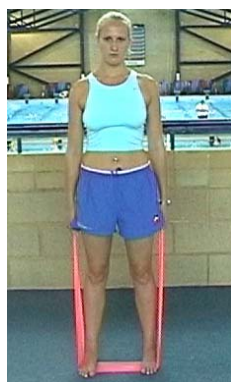
### 1. Shoulder Shrug

- Start with shoulders 2cm up and 1 cm back
- Hold latex band with thumbs facing forwards
- Push shoulders down as far as possible
- Return to original position

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### 2. Elbows away from the body

- Both left and then right arms
- Arm at 90°
- Elbows tucked in side

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## 2. Elbows into the body

- Both left and then right arms
- Arm at 90°
- Elbows tucked in side

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## 3. Arms away from the body

- Both left and then right
- Arm slightly bent
- Arm pulls down from 12 o'clock position to 3 o'clock
- Arm returns to starting position

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#### 4. Arms to the body

- Both left and then right
- Arm slightly bent
- Arm pulls down from 3 o'clock position to 12 o'clock
- Arm returns to starting position

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#### 5. Shoulders away from the body:

- Start with elbows parallel to shoulders so that body is in a "T" position
- Thumbs facing in
- Arms push away from the body, finishing with arms straight out at shoulder level

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#### 6. Shoulders to the body

- Start with elbows parallel to shoulders so with thumbs facing in
- Arms pull back until wrists reach shoulders
- Shoulders and arms then rotate round to starting position

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## 7. Shoulders

- Start with thumbs facing up with wrist on opposite side of waist
- Move wrist across waist and up to finish at a 90° angle
- Return straight to start point
- Repeat with other arm

*\*\*Alternatively use either a filled water bottle, c.1.5kg dumbbell or similar weight*



## 8. Rotator cuff

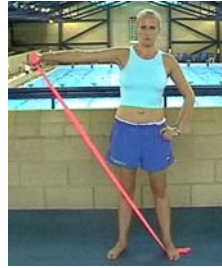
- Start with wrist at 30° with thumbs facing up
- Rotate wrist around until thumb faces down, keeping arm straight at all times
- Repeat at 60° and 90°
- Repeat with other arm



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## 9. Wrists and foreams

- Wrists at side of body waist level with palms facing up
- Palms are lowered only a small angle and returned to start
- Repeat with palms facing down

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